



Aging & Disability Resource Center  
of Jefferson County  
1541 Annex Road  
Jefferson, WI 53549  
920-674-8734  
1-866-740-2372  
[www.jeffersoncountywi.gov](http://www.jeffersoncountywi.gov)



**Feel better.**

**Be in control.**

**Do the things  
you want to do.**

**Find out more about  
Living Well workshops.**

[http://dhs.wisconsin.gov/aging/CDSMP/  
NewCDSMP/index.htm](http://dhs.wisconsin.gov/aging/CDSMP/NewCDSMP/index.htm)

Please call the ADRC of  
Jefferson County for  
information on the next  
available class:

Fort Senior Center  
307 Robert Street  
Fort Atkinson  
Tuesdays 8:30-11:00 am  
November 8, 15, 22, 29 and  
December 6, 13

Call for additional information  
at  
(920) 674-8734

**Put Life  
Back in  
Your Life**



**Living Well  
with Chronic Conditions**


## Put Life Back Into Your Life. Consider a Living Well Workshop.


Are you an adult with an ongoing health condition?


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well workshop can help you take charge of your life.

### Sign Up Now. Spaces Are Limited.

 Join a 2 ½-hour Living Well workshop, held each week for six weeks.

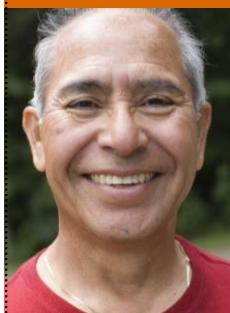
 Learn from trained volunteer leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

*"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."*



To register or get more information, please call:  
**920 - 674 - 8734**



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



*"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."*